

Chicken & White Bean Soup

Description

Once again, rotisserie chickens can really relieve the dinner-rush pressure-especially in this Italian-inspired soup.

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into 1/4-inch rounds
- 1 tablespoon chopped fresh sage or 1/4 teaspoon dried
- 2 14-ounce cans reduced-sodium chicken broth
- 2 cups water
- 1 15-ounce can cannellini beans, rinsed
- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)

Cooking Instructions

Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.

Cook's Tip

To Make Ahead: Cover and refrigerate for up to 2 days.



Makes 6 servings: 1 ½ cups per serving

Nutritional Analysis Per serving

Calories Per Serving : 172

Total Fat :4 g

Saturated Fat: 1 g

Monounsaturated Fat: 2 g

Cholesterol: 54 mg

Sodium: 350 mg

Carbohydrates: 10 g

Fiber: 3 g

Protein:24 g

Potassium:389 mg

Dietary Exchanges

1 starch, 3 lean meat